

Work It, Baby

After a dreary and difficult winter quarter, the DePaul InterVarsity chapter decided that we needed to improve our chapter fitness. Check out our new regimen!

Step 1: Lose Some Weight

Our Tuesday night Weekly Worship Meetings have not been working well for quite awhile. Between low attendance due to class conflicts or homework and a format suited for 25 people (not 10), the leadership team constantly felt the stress of apparent failure. Although we all felt attached to the tradition of having an InterVarsity worship meeting on Tuesday nights, we knew this had to go.

Step 2: Wholesome Food

We knew that we wanted to beef up at least two areas in our chapter: Bible study (because we love it) and community (because we need it). We decided to begin three new small group Bible studies in dorms on campus: Seton Hall, Corcoran Hall, and University Center. These have been going fabulously! The total attendance at these three groups is more than double the average attendance at last quarter's large group meetings, which they replaced. We have been feasting on the Word of God together and getting to know each other much better.

Step 3: Get More Exercise

We didn't want to give up gathering together as a whole group, so we planned a twice-quarterly large-group meeting complete with musical worship and biblical teaching

from a speaker. At our first meeting in April, Prof. Arlene Sanchez-Walsh helped us to exercise our minds by challenging us to integrate our faith into our whole lives.

The Results?

Our chapter is flourishing! Relationships are deepening, students are learning from Scripture, and some are hearing the message of Jesus for the first time. Next step: choosing student leaders for next year!



The new small group at Seton Hall dorm that I've been leading on the book of Philipians this quarter. Say cheese!

Shelf Life

Book Notes from Ann

French Women Don't Get Fat,
by Mireille Guiliano

After a successful run with Weight Watchers in the past year, the new 35-pounds-lighter me has been looking for a way to maintain my new shape. This book is much more of a "philosophy of eating" than simply a dieting book. I love its emphasis on eating well always. Would I rather eat fast-food french fries now — or a fresh apple now and a lovely, homemade dessert with dinner? I'm learning to feed my body in a dignified way, and it feels like another way to remember that we are made in the image of God.

Boyd's' Eye View

News from this spring is sad, but hopeful too. In March, Jon and I suffered a second miscarriage. The good news is that through some testing, we learned that this baby didn't have the right chromosomes to make it — in other words, my body was just doing its job, and our chances of having a healthy baby are still very high. But we are definitely grieving our losses. We're thankful for others who join with us in praying for a healthy baby at the right time.

In the meantime, we have been working on some of our favorite hobbies. Jon has been working on scanning and publishing tons of old family photos. Check out the results at BoydNest.org. I have been knitting up a storm, and taking on a new challenge of teaching knitting classes at my friend Jane's new store. Take a look at her website (CuriousJane.com) for the class schedule!

Prayer Requests

Please pray:

- ☛ for the process of choosing next year's student leaders for DePaul InterVarsity
- ☛ for our three weekly small-group Bible studies
- ☛ for those hearing the message of Jesus for the first time
- ☛ for a healthy baby Boyd, complete with 46 chromosomes :)

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Extra! Extra!

Lessons from the Water

Jon and I live right across the street from Northeastern Illinois University, where for a small fee you can have access to their athletic facilities — which happen to include a great swimming pool! For the exercise benefits, I try to swim there a few times each week. But lately, I have been noticing spiritual benefits, too. There is something about being in the water and swimming that helps me to focus, think, and relax better than almost anything else. Here are a few of the things I've been pondering lately:

- **I want to live like I swim.** I'm not a competitive swimmer; I swim laps, but pretty slowly. Swimming laps gives me purpose and direction in my exercise, and I move along steadily, not rushing, not splashing very much, keeping each stroke neat and tidy. Sometimes I do a flip-turn and get water in my nose and splutter, but then I recover quickly and keep on going. A few months ago, it dawned on me that I want to live my life this way: not rushing, but purposeful, moving steadily, recovering after an occasional splutter, keeping my moves neat and tidy. With the unending tasks of ministry and life, it is easy to feel constantly rushed — but swimming reminds me of how it feels when I'm living my life well.
- **The grace of anonymity.** Swimming has been helping me to accept my body for what it is: wonderfully functional, but far from perfect. In the pool, no one seems to judge you. And I'm always humbled to remember that *everyone* looks like a dork in swim cap and goggles!
- **Listen to your body.** Especially in the colder months, I feel like I'm hunched over and tensed up much of the time: crouching over

my computer, huddling in my winter coat, leaning in to talk with students while sitting on a cold metal chair. But with swimming, it feels so great to have at least thirty minutes in my day where I can stretch my muscles, surround myself with warm water, and be thankful for the gift of a healthy body.

- **The gentle love of God.** I went swimming the other day when I was having a rough time — stressed about ministry, working through some conflicts, worrying about how I hadn't mailed out a prayer letter in months. :) As usual, I swam, thought about my woes, felt stuck, and swam some more. I felt the warm water surrounding me, feeling soft and buoyant, gently resisting as I pushed it along to travel down the lane — and it suddenly felt like a tangible sense of God's love for me, receiving me and surrounding me just like the water around me. I didn't want to leave!

These are some of the reasons the pool feels like a special place to me these days. In the water, I can think through all of my concerns and give them up to the Lord, I can feel the tension in my body drain away, and I leave feeling refreshed and happily exercised. I know I can connect with God in many other ways too, but right now, my time with the Lord in the water is a special gift.

For Christ & the University —

Ann

P.S. As always, there's more online at www.annagram.org. This issue's Web Extras: "Consolation and Desolation" and a recipe for Chewy Chocolate Cookies.